



OFFICE OF EMERGENCY MEDICAL SERVICES

Administrative Requirements Manual

EFFECTIVE: 7/18/03 AUTHORIZATION:

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A/R TITLE: Minimum Standards for First Aid Training for First Responders

SUPERSEDES: 105 CMR 171.240 Appendix

PURPOSE:

To establish the minimum requirements for a first responder training course in first aid, in order to meet the requirements of M.G.L. c. 111, §201 and 105 CMR 171.130(A).

PRIMARY INSTRUCTOR'S QUALIFICATIONS:

- (1) The course shall be conducted by a qualified instructor who has primary responsibility for that training course. The primary instructor may utilize other experienced persons to teach individual segments of the course provided that the primary instructor maintains overall responsibility for the course.
- (2) The primary instructor shall:
 - (a) possess current, valid documentation of successful completion of any course in 105 CMR 171.130(A) or 171.130(B); and
 - (b) have a minimum of one year of substantial experience providing direct patient care in an emergency setting, gained within three years prior to teaching the first responder course; however, in cases of hardships this experience requirement may be waived by the Program Director, and
 - (c) be currently certified as an instructor by the American Heart Association, the American Red Cross, the Massachusetts Firefighting Academy, the Massachusetts Criminal Justice Training Council, the Massachusetts Civil Defense Agency, the Emergency Medical Instructor/Coordinator training course of the Department, or possess documentation of satisfactory completion of an equivalent instructor training course approved by the Program Director. The Department shall maintain a list of such equivalent courses.

COURSE CURRICULUM:

<i>TOPIC</i>	<i>MINIMUM HOURS</i>	<i>OBJECTIVE</i>
<u>Emergency Medical Services System</u>	½	-Describe the EMS system including: <ol style="list-style-type: none">a) role of the first responderb) role of ambulance personnelc) communications with, and relationships between the first responder, ambulance personnel and hospitals
<i>TOPIC</i>	<i>MINIMUM HOURS</i>	<i>OBJECTIVE</i>
		d) location and types of available emergency medical care, such as hospitals and first aid stations



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Patient
Assessment
And Actions
At the Scene

1

-Describe and demonstrate the primary survey addressing:

- a) airway
- b) breathing
- c) circulation

-Describe and demonstrate the secondary survey addressing:

- a) recognition of common medical emergencies
- b) mechanisms and causes of injury
- c) signs of bleeding
- d) signs of possible skeletal injury
- e) differential assessment of medical conditions which may be obscure or insidious, *e.g.*, diabetic reactions, stroke, heart attack
- f) medical identification, *e.g.*, MEDIC ALERT jewelry

-Establish criteria for determining triage and treatment priorities.

-Outline indications for requesting ambulance response to the scene.

-Outline the necessary data and information to be relayed to ambulance service.

-Identify appropriate interactions at the scene between first responders
OBJECTIVE
and emergency medical technicians.

TOPIC

MINIMUM HOURS

Gaining
Access
And Emergency
Rescue

1 ½

-Describe methods of gaining access to a trapped patient:

- a) use of access tools
- b) water rescue techniques
- c) patient transport techniques
- d) determinants of need for support



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services, *e.g.*, traffic control, heavy rescue equipment.

-Demonstrate and practice, with trainees:

- a) clothes drag maneuver for a person with a questionable spinal cord injury.
- b) traction blanket lift
- c) log roll and straddle slide

Medical
Emergencies

2

-Identify the signs and symptoms, as well as basic intervention needed, to support persons with conditions such as:

- a) heart attack
- b) stroke
- c) diabetic reactions
- d) childbirth (emergency)
- e) allergic reactions
- f) behavioral emergencies

Respiratory
Emergencies

2

-Describe the normal breathing process.

-Identify criteria for recognizing respiratory distress resulting from such causes as:

- a) airway obstruction (by tongue,

TOPIC

MINIMUM HOURS

OBJECTIVE

- food, or foreign body)
- b) injury to mouth, neck or chest
- c) facial burns and/or smoke inhalation
- d) known respiratory illness (emphysema, bronchitis, asthma)
- e) poisons
- f) allergic reactions
- g) electrical shock
- h) drowning



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<u>Bleeding</u> <u>Wounds and</u> <u>Shock</u>	2	<ul style="list-style-type: none"> -Describe, demonstrate, and practice with trainees, methods of maintaining a clear and open airway including: <ul style="list-style-type: none"> a) mouth-to-mouth and mouth-to-nose artificial ventilation b) mechanical aids-oxygen equipment -Describe the circulatory system - Identify signs and symptoms of shock -Identify shock-prone conditions and causes of traumatic and anaphylactic shock. -Identify shock-prevention measures. -Describe, demonstrate, and practice, with trainees, methods of bleeding control: <ul style="list-style-type: none"> a) direct pressure b) pressure points c) elevation d) use of commercial and improvised dressings e) tourniquets (stress dangers and
<i>TOPIC</i>	<i>MINIMUM HOURS</i>	<i>OBJECTIVE</i>
<u>Accidental</u> <u>Poisonings</u> <u>And</u> <u>Drug/Alcohol</u> <u>Abuse</u>	1	<ul style="list-style-type: none"> -Identify criteria for assessing patient who has overdosed on drugs or alcohol. -Identify assessment criteria for accidental poisoning victims -Outline basic intervention needed to care for both of the above.



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-Identify Poison Information Center, its role and phone number.

-Differentiate the signs of alcohol intoxication from those of medical conditions which may mimic alcohol abuse, *e.g.*, diabetes, stroke.

-Describe methods and importance of obtaining samples.

Thermal
Injuries

1

-Identify signs, symptoms of basic intervention needed by victims of:
a) burns (degrees of severity)
b) heat stroke
c) heat exhaustion
d) frostbite and exposure

Head and
Trunk
Injuries

2

-Identify signs, symptoms of, and basic intervention needed by, victims of blunt and penetrating trauma of the:
a) head: fractures, lacerations
b) face: fractures, lacerations

TOPIC

MINIMUM HOURS

OBJECTIVE

c) eye: foreign body, impaled object
d) chest: sucking chest wound
e) abdomen: crush injuries, evisceration

Skeletal
Injuries

2

-Identify signs and symptoms of possible skeletal injury including:
a) fractures
b) dislocations
c) sprains-strains
d) spinal injury

-Demonstrate and practice, with trainees, immobilization techniques



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for all of the above, including:

- a) manual traction to cervical spine
- b) application of commercial or improvised cervical collar
- c) application of a commercial or improvised splint for upper and lower extremity bone and/or joint injury

Examination

1

-Measure knowledge and skills proficiency of each first responder through a written and practical examination of the material contained herein.

TOTAL

16 HOURS

Total Hours of First Responder Training:

First Aid:

16 Hours

CPR:

8 Hours

24 Hours